



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35199, Prickly pears, broiled (Northern Plains Indians)

Report Date: July 16, 2017 05:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	75.83	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	379	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein ¹	g	0.39	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) ¹	g	0.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash ¹	g	1.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	21.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	6.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin ¹	mg	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin ¹	mg	0.044	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin ¹	mg	1.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.146	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD